

May 2001

Issue 2



HEALTH PROMOTION NAVAL RESERVE

<http://www-nehc.med.navy.mil/hp/reserve/index.htm>

Reserve Health Promotion Project Manager On Board



On March 26, 2001, CDR Betty Kole signed on board as Project Manager for the Reserve Health Promotion Program. She is tasked with developing and implementing a Health Promotion Program for the Reserves. Researching existing data sources for information about the health status of Naval Reservists and writing a business plan are the first steps. In addition, she is creating a database of those reservists that have completed the Health Promotion Director Course through the Cooper Institute for Aerobic Research.

We are also looking for health promotion programs currently in effect that might serve to offer ideas or as models for best practices. If you are currently a Certified Health Promotion Director, are involved in a Health Promotion Program or know of best practices, please contact CDR Kole at koleb@nehc.med.navy.mil.

NAVY ENVIRONMENTAL HEALTH CENTER CONFERENCE IN SAN DIEGO

The Forty-First Navy Occupational Health and Preventive Medicine Workshop including the First Annual Combined Health Promotion and the Seventh Annual Independent Duty Corpsmen Conference and the Third Annual Combined Operational and Aeromedical Problems Course was held in San Diego, California from 11-18 May 2001. Of the over 1600 tri-service attendees approximately 165 were reservists. Next years workshop is slated for March 14-22, 2002 in Chesapeake, Virginia.

A roundtable discussion on health promotion issues facing reservists was held on Tuesday afternoon of the workshop. Some of the challenges identified facing reservists in establishing and implementing quality health promotion programs include the following:

- interacting with flex drillers
- difficulties reaching off-site drillers/ units
- long distances to RESCENs
- units/members with no access to MTF's such as those outside

medical units and those on the air side

- difficulties reaching units while they are in the field
- lack of quality needs assessments and available data/support for needs assessments/lack of inclusion in active duty assessments
- no assessment of reservists access to health care in the private sector
- need to identify the necessary human resources, i.e., Certified Health Promotion Directors, dietitians, nutritionists, tobacco cessation facilitators, health educators, etc.
- need to assess and access local, public resources for members

These provide a glimpse at the overwhelming challenge that lay ahead as a program is created and implemented for the reserves. While these are real challenges, there are some extremely successful units/RESCEN/REDCOMs offering successful health promotion programs. Please read on for some examples.

Reserve Health Promotion Program Examples

NAVAL AIR RESCEN MINNEAPOLIS

won the NEHC Gold Star Award for Command Excellence in Health Promotion. The award was presented at the NEHC workshop on May 14, 2001 in San Diego. Under the direction of CAPT Dorothy McKinzie, NC USNR, Health Promotion Director, NAVAIRESCEN is the first reserve center to apply and receive an award. Their program serves a population of over 650. Based upon results of a needs assessment, the program initially focused on nutrition education and physical fitness. The RESCEN has a website with a specific health promotion link with information on physical fitness, nutrition and weight control, stress management, and safety information. You can browse the site and contact CAPT McKinzie at: <http://www.navalairmpls.navy.mil>.

REDCOM MIDWEST has an outstanding Health Promotion program and website under the direction of CAPT John Oudshoorn, NC USNR who serves as both REDCOM Director of Health Services and Health Promotion Director. The site: <http://www.redcom13.navy.mil/> has, among other things, information to help those "over 50" prepare for the PRT. From the home page, click on *Departments*, then click on *Medical/Dental*, then to the link for *PFT for People over 50*. You will find a 20-week Improvement schedule to guide previously unconditioned members over 50 to a successful completion of the PFT. -The site also boasts a mission statement, vision statement, guiding principles, a list of monthly themes of health promotion topics and an extensive links page CAPT Oudshoorn can be reached at 847-688-4718.

NAVAL RESERVE NATIONAL NAVAL MEDICAL CENTER BETHESDA HEADQUARTERS

(formerly Bethesda 106) has a trio of dynamic Navy nurses, CAPT M. Harding, Director Wellness/PRT, CAPT K. Burkhart, and LCDR K. Beasley who have taken the challenge and implemented a wellness program their unit. The program goals are: To provide mutual support to NNMC; To educate fellow reservists on healthier lifestyles during their 5 year physical; and To educate Bethesda 106 members on current health conditions and lifestyle modifications.

Their program is a testament to what ingenuity and creativity, along with partnerships with community resources can do without a budget. -A Powerpoint presentation called "Wellness Program without Funding" describing this approach can be viewed at: <http://www-nehc.med.navy.mil/downloads/hp/NNMCBETH106.pdf>

For more information, contact LCDR Beasley at kbeasley@stagnes.org.

Please check out these sites and if you know of other good examples of Reserve HP programs or helpful websites, please forward the information to CDR Kole at koleb@nehc.med.navy.mil.

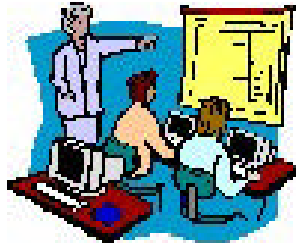
Nurse Wins NRA's Junior Officer Of the Year Award



LCDR Martha Hicks NC USNR has been selected by the Naval Reserve Association as the Naval Reserve Junior Officer of the Year for 2001. LCDR Hicks is a Certified Health Promotion Director and holds an AQD as a Health Promotion Coordinator. As a member of Naval Reserve Naval Hospital Pensacola 108, LCDR Hicks, has served as the unit PRT coordinator for ten years and been very involved in wellness and health promotion programming for her unit. A needs assessment was conducted showing 68% of the unit within weight standards Stress management and smoking cessation were as identified needs. The award will be presented to LCDR Hicks in a ceremony at the NRA Fall Conference in New Orleans on 25 August 2001.

Training Opportunities...

26th ANNUAL NATIONAL WELLNESS CONFERENCE 14-20 JULY 2001 at Steven's Point, WI. Theme "2001 Wellness Odyssey: Experience It!" Sponsored by the National Wellness Institute. Includes tracks on Aging, At Risk, Community, Education, General Wellness, Hospital/Medical, Integrative Medicine, Personal Renewal, Technology, and Worksite Wellness. New this year is a Certificate Program (Level 1) on Health Cost Management. Website: <http://www.nationalwellness.org/nwc/> or call 1-800-243-8694.



HEALTH PROMOTION DIRECTOR

COURSE November 5 - 9, 2001
Snug Harbor Officers Club, NAB Little Creek, VA. This is the recommended training for HP Coordinators who oversee large areas of responsibility, such as a REDCOM or RESCEN level. Two quotas per course are designated for Reserve Component members. Go to <http://www-nehc.med.navy.mil/hp/tc/course/8nhpconf.htm>. Download BUMED Message R121416Z JAN 01 which contains information on how to apply for the course.

42nd NAVY OCCUPATIONAL HEALTH AND PREVENTIVE MEDICINE CONFERENCE 14-22 MARCH 2002 in Chesapeake, Virginia. Sponsored by NEHC, more information will be available online soon at: <http://www-nehc.med.navy.mil/>

ADDITIONAL QUALIFICATION DESIGNATION (AQD) CODE AS HEALTH PROMOTION COORDINATOR

AQD codes identify additional qualifications, skills and knowledge required to perform the duties and/or functions of a billet beyond those implicit in the billet, designator, grade, subspecialty, or Naval Officer Billet Code (NOBC). The criteria for 62-H, Health Promotion Coordinator are NC, MC, and MSC officers who have completed the Navy Environmental Health Center Health Promotion Director and Certification Course, completed and passed the certification exam plus one year experience as a program coordinator. You can find out more information about AQD codes at: <https://bumed.med.navy.mil/med00nc/>
Follow the links on the right side of the page under the "What's New" section.

COMMAND EXCELLENCE IN HEALTH PROMOTION AWARDS

NEHC offers awards in Health Promotion at the Gold, Silver and Bronze level each year. To find out more about the criteria and how to apply for an award go to <http://www-nehc.med.navy.mil/hp/awards/index.htm>. Award packages are submitted for the calendar year (Jan-Dec), applications are due in March, awards are announced in May.

Important Links....

NEHC Health Promotion/Population Health Staff:
<http://www-nehc.med.navy.mil/hp/contact.htm>

Health Promotion Home Page:
<http://www-nehc.med.navy.mil/hp/index.htm>

Health Promotion Contacts AT NAVAL Reserve Readiness Command (REDCOM) Regions...



REDCOM NORTHEAST
CAPT(sel) SUE SKINNER, NC, USNR
(716) 688-4676

e-mail: gskinner@erols.com
HMC BYRON (401) 841-3866
e-mail: byron@cnrf.nola.navy.mil

REDCOM MID-ATLANTIC
CAPT MARGARET DOWNEY, NC, USNR
(202) 433-6276 DSN 288

YNC CLARENCE McCALLUM
(202) 433-6276 DSN 288
e-mail: mccalluc@cnrf.nola.navy.mil

REDCOM SOUTHEAST
CDR SANDRA LANE, NC, USNR
(850) 245-4444, ext. 2236
e-mail: Sandra_Lane@doh.state.fl.us

REDCOM MID-SOUTH
HMC CHARLES FREEMAN
(901) 874-7029 DSN 882
e-mail: free@cnrf.nola.navy.mil

REDCOM NORTH WEST
HMC DANIEL ALLEN
DSN 727-3875 e-mail:
allendan@cnrf.nola.navy.mil

REDCOM NORTH CENTRAL
CAPT DONNA KREFT, NC, USNR
1-800-362-2793, ext. 2511
e-mail: dkreft@frontiernet.net
or kreft@triton.iccc.cc.ia.us

REDCOM SOUTHWEST
HMC DAVID GRUBB
(619) 532-1868 DSN 522
e-mail: grubb@cnrf.nola.navy.mil

REDCOM SOUTH
HMCS KATHIE LOWERY
(817) 782-6657 DSN 739
e-mail:

loweryk@cnrf.nola.navy
HMC Molina (817) 782-6739
e-mail:
Molina@cnrf.nola.navy.mil

REDCOM MIDWEST
CAPT JOHN OUDSHOORN, NC, USNR
(616) 975-8468 or
(847) 688-4718
e-mail:
oudshoor@macatawa.org